

A top-down view of a spa-themed arrangement on a dark, textured wooden surface. In the upper left, a piece of light-colored burlap fabric is draped. Two spherical decorative objects made of intertwined light-colored twigs are placed on the surface. A lit white candle sits on the left, and a dark red candle is in the upper right. In the center, there are two glass jars: one containing a thick, light yellow cream and another containing a thick, light grey cream. Several large, dark green leaves and a small white flower are scattered in the lower right. The overall aesthetic is natural and serene.

# SpaTerre

A NOBLE HOUSE SPA

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1551 Shelter Island Drive, San Diego, CA 92106

NOBLE HOUSE  
HOTELS & RESORTS





## Hours of Operation

SPA	9:00 am - 7:00 pm
FITNESS CENTER	6:00 am - 10:00 pm

*\*Hours of operation subject to change without notice.*

## About Your SpaTerre Visit

### SCHEDULING

To ensure your desired time, make your reservation early. If you would like to request a particular therapist or gender of therapist, please let us know when you book your appointment. We request your spa/salon treatments be reserved and guaranteed with a credit card, gift certificate number or your room number.

### CANCELLATION POLICY

We require a twenty-four hour notice to cancel without charge. You will be charged 50% of your service if you cancel within twenty-four hours of your scheduled time and the full amount if you fail to show up. Thank you for your consideration to leave reservation times open for other guests.

### PUNCTUALITY

Please arrive 15-30 minutes prior to your appointment to allow time to enjoy the amenities and complete the guest consultation form. Your treatment will start promptly at its designated time. If you arrive late for your service, your treatment will be modified. All treatments end on time so the next guest will not be inconvenienced.

### UPON ARRIVING

Feel free to arrive in whatever is comfortable. We will provide you with a robe and sandals for your treatments. All dressing and undressing will occur in the designated locker rooms.

Men having facials should shave no less than two hours prior to their service. For your safety and comfort, we suggest you leave your jewelry and valuables in your guestroom.

### DURING YOUR VISIT

To get the most out of your treatment, communicate with your spa professional. Your comfort and enjoyment are most important to us, so let us know if you have concerns about depth of pressure during your massage, the temperature of your spa suite, music volume, or any other issues.

### QUIET, PLEASE

To maintain a peaceful atmosphere, we ask that you turn off your cell phone and any other electronic devices while in the spa, and keep conversations to a whisper.

### SERVICE CHARGE

For your convenience, a 22% service charge will be added to all treatments, and distributed to the staff. Ask our spa concierge if you have any questions.

### IF YOU ARE PREGNANT

Your medical professional's consent is requested before we begin your treatment. If this is unobtainable, we request that you sign a waiver of liability prior to your service. Let us know when you make your reservation which trimester you will be in at your appointment time.

## Additional Amenities

### SPA

We suggest arriving early to your appointments or making a day at the Spa. Guests will enjoy our full service locker areas, showers, steam room and Zen Den where you can find complimentary beverages to indulge. A Day Pass is available for a charge.

### FITNESS CENTER

Here you will find state-of-the-art fitness equipment from cardio to strength. This is complementary to our resort guests. Guest must be at least 16 years of age to use the equipment. Those under 16 must have adult supervision at all times.

### FITNESS CLASSES

Call to inquire about seasonal fitness classes, Yoga, Aerobics, Pilates, Water Aerobics, and Personal Training.

### HOME SPA

For unique, exclusive gifts to create a home spa experience, visit our Spa Boutique. Find products that help you experience many of our treatments at home, as well as bath and beauty products, sun care, and more.

GIFT CERTIFICATES AVAILABLE

# Grooming and Glamour

## NAIL CARE

*All nail services may be scheduled together or à la carte*

### CLASSIC MANICURE & CLASSIC PEDICURE

This fun and natural manicure or pedicure includes a fresh scrub, body butter mask, hot towel treatment, and nail polish of your choice.

### SPATERRE SIGNATURE MANICURE & SIGNATURE PEDICURE

This service employs resurfacing agents to restore the youthful appearance of hands and/or feet by minimizing brown spots, fine lines and softening dry areas. A warm paraffin wrap provides moisturizing benefits followed by cuticle nail work. Your treatment concludes with a soothing massage and nail polish of your choice.

### PIÑA COLADA PEDICURE

A cocktail for your feet and you. A coconut milk bath, pineapple sugar scrub, mask, paraffin, massage, and nail care, while you sit back, relax and sip a piña colada. The tropics have arrived.

### EXPRESS MANICURE & EXPRESS PEDICURE

This express service includes cuticle cleanup, lotion application, and polish of your choice or buff.

### GENTLEMAN'S MANICURE & GENTLEMAN'S PEDICURE

The traditional results of a manicure or pedicure are enhanced to soften the skin and tidy and buff your nails so that your hands are fit for presentation.

### MEDI PEDI

This pedicure has everything for the well-being of your feet. It is a healing, therapeutic, and effective treatment that addresses all persistent foot and nail problems. From stubborn calluses and cracked heels to foot odor, it all can be taken care of with this medical grade pedicure.



## NAIL ENHANCEMENTS

Shellac Gel Nails  
Paraffin Hand  
Paraffin Foot  
French Style Polish  
Nail Repair  
Polish Change

## MAKE-UP ARTISTRY

Make-up Application  
Make-up Lesson  
Bridal Make-up Consultation  
Bridal Make-up  
Bridesmaid Make-up

## FACIAL & BODY DEPILATION

Lip	Forearms
Chin	Half Leg
Brow	Full Leg
Bikini	Back
Underarm	Chest

## Global Rituals

### JAVANESE ROYAL TREATMENT

Lose yourself in this lavish ritual direct from the palaces of Java; includes a luxurious Balinese massage, essential oil and herbal exfoliation, a cool yogurt splash and shower. To complete your experience, sink into a soaking tub prepared with rose petals and infused with tropical fragrances.

### FIRE-STICK PURIFY

Inspired by the traditional smoke ceremonies of the aboriginal people, this rite begins with a cleansing inhalation of clearing aromatic essential oils followed by a lime blossom scrub and deeply hydrating massage renewing the skin, leaving it glowing and supple. The ergonomically designed BoomaGlam molds to the contours of the body with gentle even pressure to release tension and stimulate rejuvenating energy.

### SANDOR POULTICE THERAPY

This therapy is specifically performed on our one-of-a-kind Crystal Quartz Table, and can only be found locally at SpaTerre. It's a soothing customized massage performed with warm sand poultices combined with warm aromatherapy oil, which activates the different reflex zones of the skin, stimulates blood circulation, and removes toxins and waste products. This highly effective method of massage melts away tension and regulates your energy flux.

### THAI HERBAL THERAPY

Nurture your tired spirit with this revitalizing treatment. A hot poultice of medicinal herbs is used to relieve muscle tension and invigorate your mind in this healing blend of Thai massage and aromatherapy techniques. The poultice is yours to keep.

### CLEOPATRA'S MILK RITUAL

Cleopatra, legendary in her time for exquisite skincare, bathed in milk and honey to soften and hydrate aging skin.

Sacred combinations of traditional practices accompany this journey of deep peace and spiritual awakening. This ritual begins with a customized sugar exfoliation; followed by a serenity milk bath soak and finish with a nurturing massage. The natural benefits of these ingredients combine for a truly luxurious spa experience. Emerge refreshed with significantly softer skin.





## Body Indulgences

### SUNBURN RELIEF DILO WRAP

Nourish dry or sunburned skin with this nurturing treatment that uses a blend of cold-pressed Dilo nut only found in Fiji, virgin coconut oil, Aloe Vera, and passion flower extract in a soothing body indulgence. This wrap will promote healing and revitalize irritated skin affected by sunburn, dry skin, rashes, waxing or shaving.

### SHOWERLESS LIME BLOSSOM BODY SCRUB

It happens like MAGIC! Using sustainably harvested cane sugar in a macadamia crème base, the body is gently exfoliated from tip to toe. The scrub not only cleanses and softens, but also stimulates blood flow to the surface of the skin. This heavenly scented exfoliating treatment dissolves in a full body application of a nourishing, aloe rich crème, leaving the skin soft and supple. Suitable for all skin types.

### MILK & HONEY BODY WRAP

Avert the signs of aging. Our Milk and Honey Body Wrap begins with an exfoliating sugar scrub. A honey and milk drench is used to soften and hydrate your skin while you receive a scalp and foot massage. Rinse under our Vichy shower which gives the effect of a rainfall massage. Finalize this sensational experience with a rich milk and honey body lotion application.

### ANCIENT EARTH CLAY WRAP

Our ancient earth cleanse provides the elements for this rite to gently nurture the physical, emotional, and spiritual body. Clay sourced deep within the Ancient Earth is one of the most effective cleansing agents in nature. Combined with lavender and chamomile to soothe the skin, the clay absorbs toxins and heavy metals. The rite begins with a dry brushing of the skin to remove dead skin cells and the application of a full body macadamia clay mask. This is followed by a full body massage using our luxuriously rich body butter, combining long gentle strokes with kneading and firm circular movements for relaxation and to increase circulation of blood and lymph.

## Facial Care

### SPATERRE SIGNATURE FACIAL

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results. This facial is good for any skin type and includes a cleanse followed by an exfoliation, gentle extractions with a mask that includes massage to the hands, neck and shoulders.

### SUPERFOOD PRO-RADIANCE

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

### SENSITIVE SKIN SOOTHER

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

### GENTLEMAN'S FACIAL

Designed specifically for men, this European-style treatment soothes skin irritated by daily shaving and environmental aggressors.

### LIFT AND FIRM FACIAL

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.



### TRANSFORMATION FACIAL

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

### MICROCURRENT EYE AND LIP TREATMENT

Using the microcurrent technology, this targeted treatment devotes care to the tender eye and lip areas leaving the skin plump with a noticeable decrease in lines and wrinkles. Enjoy this service as the perfect accompaniment to any of our facial indulgences.

### DRAMATIC EYE LIFT

This dynamic treatment targets all major concerns with the eyes. Rely on this treatment to reduce dark circles and puffiness around the eye area, while plumping and smoothing fine lines and wrinkles. Enjoy as an accompaniment to any of the facials.

# Massage Therapies

## ABHYANGA

A therapeutic massage which blends traditional Ayurvedic and European techniques. Abhyanga literally translates to “oil massage”. This rhythmical and deeply relaxing hot oil massage helps to move the “prana” or life force which stimulates your body’s vital energy.

## HIMALAYAN SALT STONE MASSAGE

An innovative full body massage using warmed Himalayan salt stones and medium to deep pressure. The warmth of the stones helps in achieving a greater sense of relaxation. Special techniques are used in the routine to softly release muscles that typically get tight, sore or compromised.

## BALINESE

Bali, Indonesia; where art, flowers, and loving kindness are manifested in our signature massage. Experience an elegant combination of touch while the whole body receives awareness and care. This aromatic massage uses a combination of acupressure & rhythmic strokes to tone, energize and free the lines of energy. Personalize your treatment with a choice of five exotic, Indonesian oils.

## BOOMAGLAM MASSAGE

In homage to the Australian heritage, our ergonomically designed BoomaGlam is used for deeply effective muscle therapy in this exclusive signature massage. The rite begins with a relaxing full body massage using pure luxurious Macadamia nut oil, which is naturally anti-inflammatory, anti-microbial and hypo-allergenic. It is an excellent combination of unique cultural touches and manual techniques for muscular aches and pains.

## TROPICAL ESSENCE

This mood-enhancing massage enlightens the senses and lifts the spirit. Includes a gentle exfoliating body polish, followed by an aromatic massage using an exotic tropical oil blend.

## MOMMY-TO-BE

Gentle back exfoliation is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches and promote relaxation and restoration.

A course of 6 treatments is recommended following the first trimester of pregnancy.

## SWEDISH

Unwind with this gentle, relaxing massage that improves circulation and vitality. Pressure can range from very light to medium.

## SPORTS/DEEP TISSUE

Facilitate muscle recovery with this moderate to deep tissue massage, designed to relieve soreness resulting from exertion or exercise. Gain an improved range of motion and increased flexibility.

## NOBLE MASSAGE

Our personalized massage experience, where you orchestrate the massage exactly how you want it. Your therapist combines Pedisage, Swedish and Deep Tissue techniques focusing on the specific areas of tension in your body as you direct.

## COUPLES MASSAGE

Our romantic Couples Room is the perfect setting for two. See our spa concierge to choose from a selection of massage rituals and experiences.



## Simple Pleasures

### NECK, BACK & SHOULDER MASSAGE

Clear your mind and relax as we rejuvenate your neck, back and shoulder areas.

### EXPRESS FACIAL

This express treatment provides instant radiance and brilliance to the skin. Resurfacing gently whisks away damaged, aged skin cells, immediately minimizing lines, brightening and toning—leaving skin glowing and beautiful.

### PEDISAGE

Treat your feet and lower legs to this rejuvenating massage. Eastern techniques are employed to release locked muscles, improve circulation and clear the mind.

### SCALP MASSAGE

Drift away as all the nerves in your body are soothed through the stimulation of points over the head and scalp. Can be done with or without therapeutic oils.

### BRILLIANT BROWS

Change your look with this complete brow make-over! Treatment includes a brow shaping, anti-fatigue collagen eye mask, and brow fill-in.

### PUCKER UP

Experience all the benefits of pure collagen with this specialized treatment! Your lips will be exfoliated, treated with a collagen serum, and hydrated with a collagen mask. Your lips will be smooth, fresh, and ready to pucker up!

## Enhancements

Add any of these services and rituals to a massage or facial and enhance your pampering.

### QUARTZ HEATED SAND TABLE

This therapeutic heated alpha-quartz sand bed is based on the ancient Greek concept of 'psammotherapy', which uses warm sand to alleviate pain and promote comfort. The warm sand ergonomically positions you, offering relaxing effects to the body and the soul. Benefits muscle pain, arthritic pain, stiff joints and joint pain.

### SERENITY SOAK

Sink into a lavish tub filled with fresh rose petals, milk bath, aromatherapy salts or oils. Relax and unwind prior to or after any of our spa experiences.

### SUGAR SCRUB

Renew your skin by adding an exfoliating body scrub prior to or after any of your spa services.

### AROMATHERAPY BLENDS

Used for centuries to improve overall health and relieve tension, our custom essential oil blends can turn any massage into an exotic indulgence.

### THERAPEUTIC MUSCLE BALM

Ask for this pain-relieving formula to alleviate muscle soreness and stiffness.

## Pamper Me Too!

Children under the age of 18 can enjoy a massage with parent or guardian side by side in our couples massage room.

### **MOMMY & ME PACKAGE**

Mom and daughter enjoy side by side massages in our couples massage room, mini manicures and pedicures.

### **MY FIRST MASSAGE**

A massage that introduces the importance of life balance and relaxation.

### **YOUNG ATHLETE MASSAGE**

A firmer pressure massage designed to relieve tension in the body for the sports active child.

### **FOUNTAIN OF YOUTH**

Designed for kids 12 and under. This facial includes a gentle cleansing, exfoliation, mask, and massage using products for more sensitive skin.

### **MINI MANICURE**

### **MINI PEDICURE**



**KONA KAI**

RESORT & SPA

*San Diego* | A NOBLE HOUSE RESORT

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